



# Jewish Family Services



## October Programming from JFS

### October 11: Women's Self Awareness and Defense Course with Sheriff Irwin Carmichael

Learn to protect yourself and others in possible dangerous situations, both outside and within the home. Designed for teens 15+ and

adults, this hands-on course is taught by a nationally recognized expert on personal safety, awareness and crime prevention. Wear comfortable clothes and tennis shoes.

1-3 PM, LJCC. Register at the

LJCC Front Desk in person or by calling 704-366-5007.

### October 15: Lunch and Learn: Understanding Preparatory and Anticipatory Grief

Join JFS and Larry Dawalt, Senior Director of Spiritual and Grief Care Services for Hospice and Palliative Care Charlotte Region, for this unique program focused on what the family is going through, as well as what the patient is experiencing, during the process of a life-limiting illness. While this is a difficult time in many ways, there are things one can learn to enhance the process and make the experience both meaningful and memorable. Free to attend, but registration required: 704-364-6594. At 11:30 AM-1 PM, Gorelick Hall, Shalom Park.

### Lake Norman Programming:

**Parent Meet Ups: October 11 and 18**

**Healthy Relationships curriculum with Madrichim: October 18**

**Learn, Kibbitz, Nosh with JFS: October 14** ☆



## MARK YOUR CALENDAR

**November 5: Aging Resource Center Ribbon Cutting**

**December 10: Senior Hanukkah Party**

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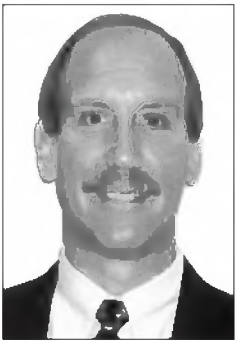
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## JFS Teens Lend a Hand

This summer we were fortunate to have numerous students volunteer at JFS.

Erica Valenstein, Alex Berenfeld, and Abby Adams conducted food drives by distributing "wish lists" to neighbors, attached to grocery bags, and brought in the collected non-perishable food items, sorted them and stocked the JFS pantry shelves. Abby also spent time assisting in the JFS Food Pantry, filling orders and putting away donated items. Jillian Arena has been attending Shabbat programs at Sunrise on Providence and is going to facilitate a High Holidays Arts and Crafts program there as well. She and Abby (and their families) will also be delivering "A Taste of the Holiday" goody bags to seniors in the community.



Abby Adams with her collection of items for JFS Food Pantry.

Some of our own staff members' children also made time to get involved this summer. Halle Ritch has assisted with office tasks and both Mariel Cupp and Josh Gerrard have performed live on violin for some of our seniors in residential facilities. We are very grateful to these young people and their families. ☆

## JFS Launches Mitzvah Munchkins Partnership with CJP, CJDS, and JPS

Mitzvah Munchkins is a collaborative program between Jewish Family Services and the Charlotte area Jewish schools, including Charlotte Jewish Preschool, Charlotte Jewish Day School, and Jewish Preschool on Sardis.

As part of each school's



curriculum related to mitzvot and Tikkun Olam, students will learn about the importance that feeding the hungry has in the Jewish religion.

Each participating school will have a calendar that will be communicated to families at the beginning of the school year. On the day the donations are brought in to school, that class will have the opportunity to visit the JFS Food Pantry to learn more about how their participation helps our community.

This program is a way for JFS to proactively engage with your children and educate them about the hunger needs of our community in an age-appropriate manner.

Thank you to Publix Super Markets Charities for their generosity in funding this program, which allows us to provide the Mitzvah Munchkins program at no cost to Jewish Family Services, the participating schools or the students. ☆

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